



**MAKE IT FUN
HEALTH**

Daring Adventure

Cooking Jam - Week 1 Menu

- 1. Overnight Oats** Don't have time to make breakfast in the morning? You do now. You can make overnight oats the night before, so it's immediately available the next morning.
- 2. Hot Cereal** There are a number of whole cereal grains that cook quickly including rolled oats, steel-cut oats, teff, and bulgur. *Note:* Bulgur is made from wheat and is not gluten free for those with sensitivities. Also, non-organic oats often have high levels of the herbicide glyphosate, so this might be a good time to consider buying organic.
- 3. Cashew Milk** This is for the overnight oats and maybe the hot cereal too. You'll need a high powered blender to make this, but if you've got one, it's super fast and easy. If you don't have a powerful blender, or if you have nut allergies, there are other options available.
- 4. Green Smoothie** While we generally recommend eating your calories instead of drinking them, we make exceptions for home-made smoothies. Blending is a great way to hide disliked veggies yet still get their health benefits. Be careful, though. Our bodies can consume calories much faster when we drink them than when we chew them. So instead of chugging your smoothies, you might want to savor them instead.
- 5. Fruit Salad** Simple, easy, and delicious. Low in calories yet high in nutrients and volume, fruit combos help fill you up, satisfy your body, and are an amazing source of energy.

You can do it when you make it fun!